



SAVE STANDARD TIME

January 14, 2026

The General Court of New Hampshire
107 North Main Street
Concord, New Hampshire 03301

Re: **Yes on HB1149 (Horrigan)**

Dear Honorable Legislators,

Please support HB1149 (Horrigan), a bill to ditch Daylight Saving Time (DST) in coordination with neighboring states, as is federally pre-approved, widely endorsed, and shown by history and science to be most beneficial and lasting.

Permanent Standard Time (natural time) is the only federally approved way to end disruptive clock changes, as most voters wish. Standard Time aligns clocks more honestly to the sun, which balances morning and evening sunlight for everyone. Its benefits to circadian health improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times and preserves the morning sunlight that's essential for school-children, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past dawn year-round, and it makes bedtimes easier for families. It has been observed without incident in Arizona, Hawaii, all US territories, and most nations for many decades. Mexico restored permanent Standard Time in 2022. Canada is now considering it. More states have permanent Standard Time bills than ever before, including Vermont, New York, and Pennsylvania. Government should set clocks objectively to the sun, then let the public set schedules from there. HB1149's effective date is coordinated with neighboring states to ensure a smooth transition across the region. And Gallup finds plurality public support for permanent Standard Time (48%), not for permanent DST (24%).

Some might consider permanent DST (fast time), but that is federally prohibited because it would be worse than biannual clock changes. It would delay New Hampshire sunrise past 8am (when most school/work starts) more than 2 months, as late as 8:21am. It has failed repeatedly, with disruption to business and sometimes loss of life. DST is a false clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST doesn't alleviate harms, it magnifies them. It deprives sunlight from mornings, when it's needed most by working families. It reverts benefits of starting school later. It increases residential heating and air conditioning. It delays AM radio news broadcasts until most people begin work. It disrupts sun-timed prayers. It's a hidden mandate to wake an hour early all winter in cold darkness. Anyone wanting DST should simply start his/her own day earlier.

Countless organizations and advocates on the left and right oppose DST and endorse permanent Standard Time. Among these are the National Safety Council, American Academy of Sleep Medicine, Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, American College of Occupational and Environmental Medicine, Canadian Sleep Research Consortium, Canadian Sleep Society, Canadian Society for Chronobiology, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Minnesota Star Tribune*, *Oregonian*, contributors to Daily Wire, PragerU, Human Events, *Cato*, *Breaking Points*, and more.

Please hear the nonpartisan consensus of history and science. Save time, money, and lives. End the harms of artificial DST, and restore naturally healthful permanent Standard Time.

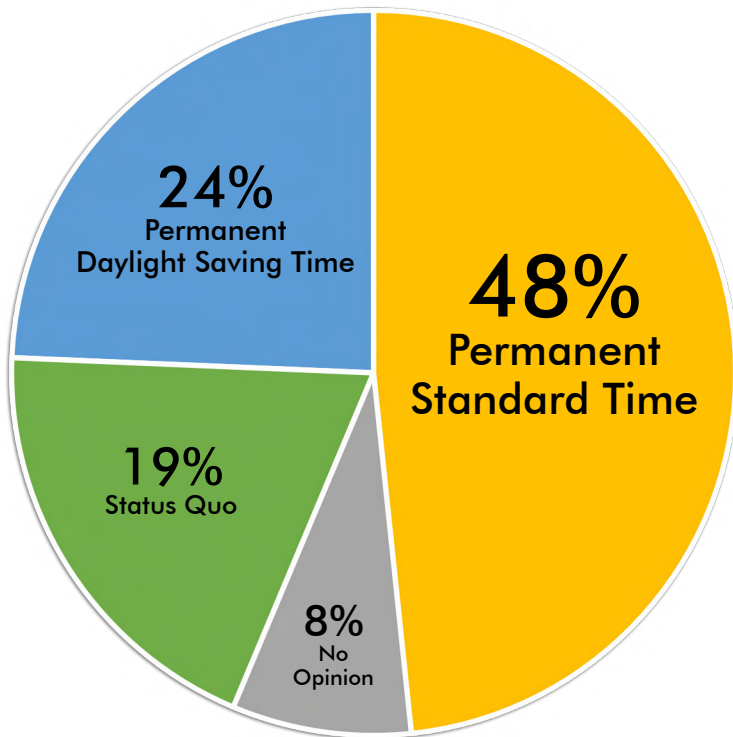
Sincerely,

Jay Pea
President

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Citations: savestandardtime.com/summary

PERMANENT STANDARD TIME IS MOST POPULAR



Gallup (2025):

"The plurality of Americans, 48%, prefer Standard Time the whole year, including summer. Half as many, 24%, prefer Daylight Saving Time the whole year, including winter. The smallest percentage, 19%, prefer the status quo of switching between the two.

"This means 43% favor having Daylight Saving Time part of the year or year-round, slightly less than the 48% who would prefer not to have it at all. But it also means 72% would prefer no clock changes each year."

"Based on telephone interviews conducted January 21–27, 2025, with a random sample of 1,001 adults, living in all 50 states and DC. Margin of error $\pm 4\%$."

<https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx>

PERMANENT STANDARD TIME IS FEDERALLY APPROVED PERMANENT DAYLIGHT SAVING TIME IS FEDERALLY PROHIBITED

Any state can self-exempt from DST, as Arizona, Hawaii, and all five US territories have done.

"Uniform Time Act of 1966"

15 U.S. Code Subchapter IX – Standard Time

§ 260a. Advancement of time or changeover dates

(a) Duration of period; State exemption

During the period commencing at 2 o'clock antemeridian on the second Sunday of March of each year and ending at 2 o'clock antemeridian on the first Sunday of November of each year, the standard time of each zone established by sections 261 to 264 of this title, as modified by section 265 of this title, shall be advanced one hour and such time as so advanced shall for the purposes of such sections 261 to 264, as so modified, be the standard time of such zone during such period; however, (1) any State that lies entirely within one time zone may by law exempt itself from the provisions of this subsection providing for the advancement of time, but only if that law provides that the entire State (including all political subdivisions thereof) shall observe the standard time otherwise applicable during that period, and (2) any State with parts thereof in more than one time zone may by law exempt either the entire State as provided in (1) or may exempt the entire area of the State lying within any time zone.

<https://www.law.cornell.edu/uscode/text/15/260a>





SAVE STANDARD TIME

Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: savestandardtime.com/endorsements

Health

Alabama Board of Medical Examiners & Licensure
Alliance for Headache Disorders Advocacy
American Academy of Cardiovascular Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Neurology
American Academy of Otolaryngology–Head & Neck
American Academy of Sleep Medicine
American Association of Public Health Physicians
American Association of Sleep Technologists
American College of Chest Physicians
American College of Lifestyle Medicine
American Medical Association
American Society for Metabolic & Bariatric Surgery
American Thoracic Society
California Medical Association
California Sleep Society
California State Association of Psychiatrists
Canadian Sleep Research Consortium
Canadian Sleep Society
Canadian Society for Chronobiology
Capitol Neurology
Dakota Sleep Society
Hampden District Medical Society
Illinois Sleep Society
Indiana State Medical Association

Education & Families

Anne Arundel County Public Schools
Colorado Parent–Teacher Association
Florida Parent–Teacher Association
League of Women Voters, Delaware Cty, Pennsylvania
Maryland Association of Boards of Education

Safety & Labor

American College of Occupational/Environmental Med
Association of Canadian Ergonomists
B-Society
Daylight Academy
Good Light Group

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
The Economist
The Minnesota Star Tribune

General

California Islamic University
Catholic Frequency
Independent Institute
Indiana Chamber of Commerce

Kansas Chiropractic Association
Kentucky Sleep Society
Kimmey Lab, University of California, Santa Cruz
Massachusetts Medical Society
Michigan Academy of Sleep Medicine
Missouri Sleep Society
Montana Sleep Society
National Sleep Foundation
Nebraska Medical Association
Nevada Public Health Association
Northwest Noggin Neuroscience
Rhode Island Medical Society
San Diego Academy of Child & Adolescent Psychiatry
San Diego Psychiatric Society
Sleep Research Society
Society for Light, Rhythms, & Circadian Health
Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine
Southern Sleep Society
Tennessee Sleep Society
Texas Neurological Society
Texas Society of Sleep Professionals
Wisconsin Sleep Society
World Sleep Society

National Parent–Teacher Association
Nevada Association for the Education of Young Children
Regional Adolescent Sleep Needs Coalition
Start School Later

National Safety Council
Nebraska State Grange
Solaris Fatigue Management
USA Weather, Dallas–Fort Worth, Texas

The Oregonian
Orlando Sentinel
South Florida Sun Sentinel

Kansas Association of Broadcasters
Libertarian Party Mises Caucus
National Religious Broadcasters
Rabbinical Council of America

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc.

POSITION STATEMENTS FOR PERMANENT STANDARD TIME

American Academy of Sleep Medicine

“The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology. Evidence supports distinct benefits of Standard Time for health and safety, while also underscoring harms from seasonal time changes. By causing the human body clock to be misaligned with the natural environment, Daylight Saving Time increases risks to our physical health, mental well-being...”

Bloomberg

“Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...”

Canadian Sleep Research Consortium

“Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...”

Canadian Sleep Society

“Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...”

Canadian Society for Chronobiology

“Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...”

The Minnesota Star Tribune

“To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body’s natural wake–work–sleep rhythms. Misalignment has been linked to increased cardiovascular disease risk, metabolic syndrome, and other health risks...”

National Sleep Foundation

“Circadian biologists support permanent Standard Time, citing importance of light in the morning... Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between biological clock and sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...”

The Oregonian

“For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year’s mornings in darkness...”

Sleep Research Society

“Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...”

Society for Research on Biological Rhythms

“Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... To improve human health, we should not fight our body clock...”

South Florida Sun Sentinel

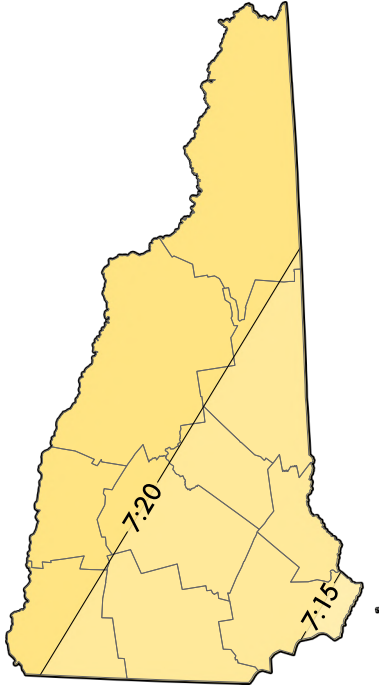
“We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called God’s time—permanent. As experts pointed out, it’s the natural way to go...”

More at: savestandardtime.com/statements

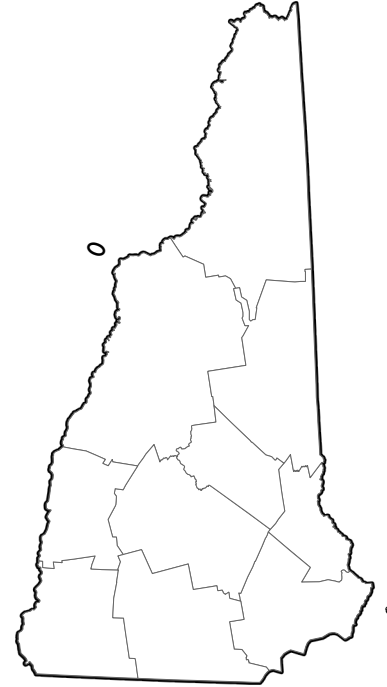


PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

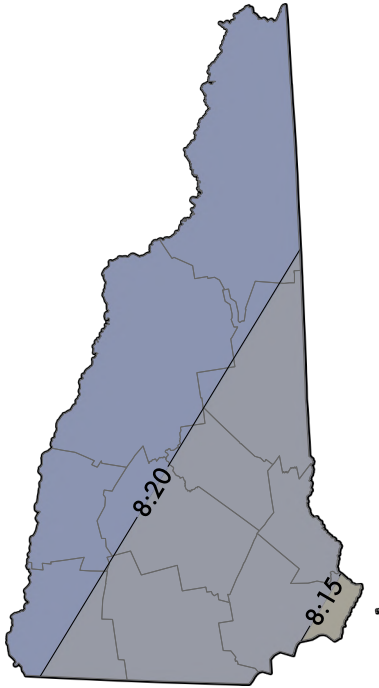


Days with Post-8am Sunrise

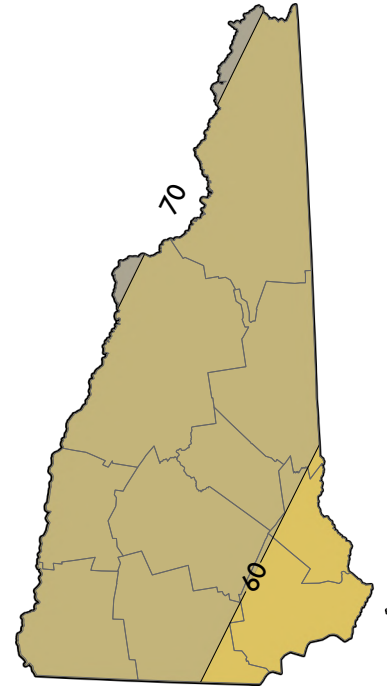


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise

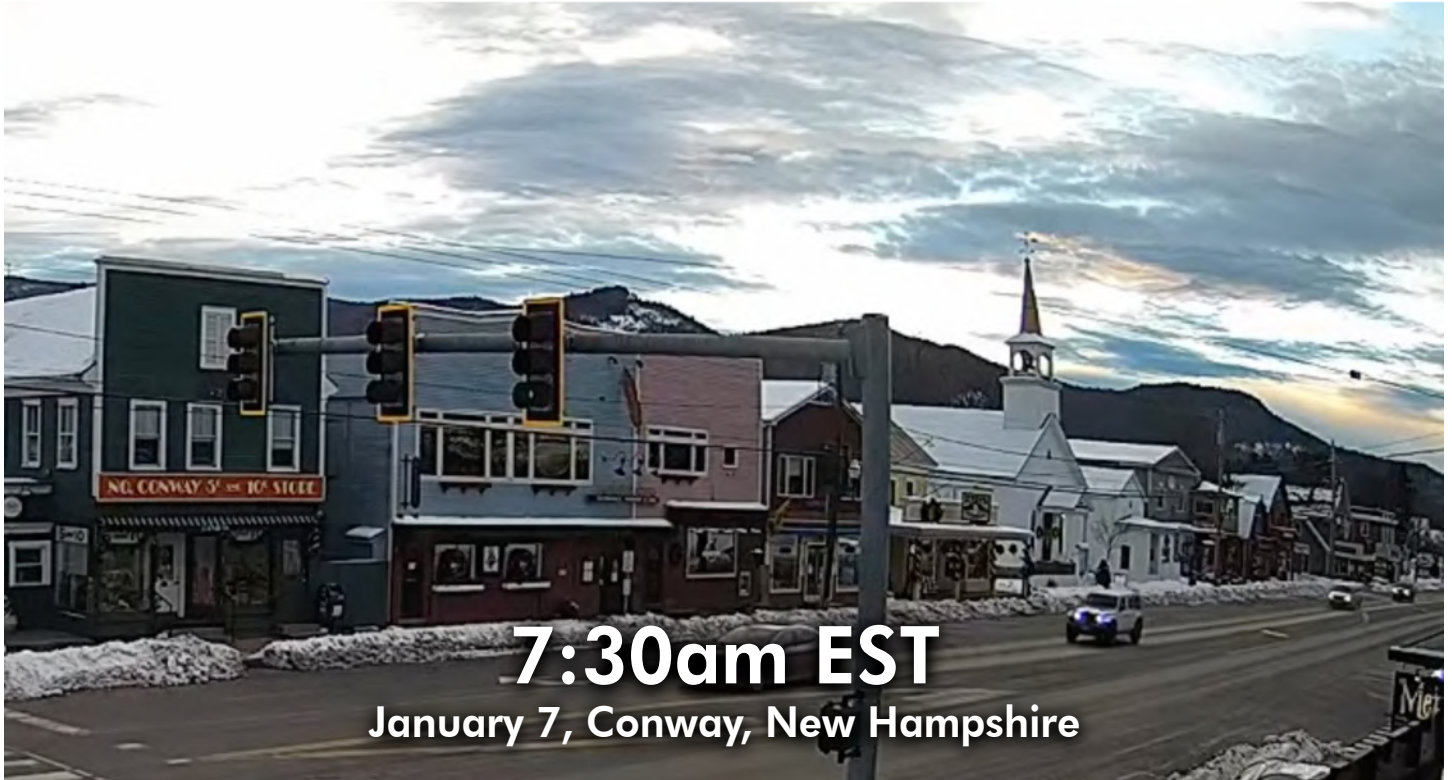


Morning sunlight is essential to health, mood, safety, learning, and productivity.
Most work and school days in the United States start at or before 8am.
Latest winter sunrises occur from late December to mid-January.



PERMANENT STANDARD TIME (NATURAL TIME) KEEPS SUNRISE BEFORE WORK/SCHOOL

Standard Time lets us sleep longer—for mood, health, safety, learning, and productivity.



PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES

Daylight Saving Time is a mandate to wake an hour earlier than Standard Time every day.

